

Bicycling Safety Tips

Bicycling in New Jersey is regulated under Title 39 of the Motor Vehicles and Traffic Regulation laws. The following laws pertain to Bicycling:

39:4-15.5 Definition– “Bicycle” means any two wheeled vehicle having a rear drive which is solely human powered and having a seat height of 25 inches or greater when the seat is in the lowest adjustable position.

39:4-10 Lights on Bicycles. When in use at nighttime every bicycle shall be equipped with a front headlamp emitting a white light; 2) A rear lamp emitting a red light and a red reflector may be mounted on the rear.

39:4-11 Audible Signal. A bicycle must be equipped with a bell or horn that can be heard from at least a 100 feet away.

39:4-11.1 Brakes. All bicycles must be equipped with a brake.

39:4-12. Feet and Hands on Pedals and Handlebars; Carrying Another Person. Bicyclist should not drive the bicycle with feet removed from the pedals or with both hands removed from the handlebars. Limit passengers to only the number of seats it has.

39:4-14 Hitching on Vehicle Prohibited. No person riding a bicycle shall attach themselves to any streetcar or vehicle.

39:4-14.1 Rights and Duties of Persons on Bicycles. Every Person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver.

39:4-14.2, 39:4-10.11 Operating Regulations. In New Jersey, the law states a bicyclist must obey all state and local automobile driving laws.

A parent may be held responsible for the child’s violation of any traffic law.

39:4-10.1 Helmet Law. Anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle Must wear a safety helmet.

To ensure a fun a safe experience while riding a bicycle we offer the following **safety tips**:

- Obey all traffic laws.
- Wear an approved bicycle helmet.
- Make sure your bicycle fits you and is in good working order.
- Wear comfortable reflective clothing conducive to weather conditions.
- Ride within your abilities.

Do Not:

- Attempt stunts or tricks.

- Ride with more people on the bike than it is designed to accommodate.
- “Hitch” rides by holding on to moving vehicles.
- Weave in and out of traffic or between cars.
- Carry loads unless equipped with proper baskets or panniers.
- Ride against traffic.
- Ride at night without lights.

Helmet Tips for Bicycle Riders

Buy a helmet that meets the safety standards of the American National Standards Institute or Snell Memorial Foundation.

Always ensure a proper fit by tightening the chin strap to keep the helmet from slipping. Only two fingers should fit under the chin strap

While the law requires anyone under the age of 17 to wear a helmet, all riders are strongly encouraged to use one.

Speak with a Bridgewater Police Department Traffic Safety Officer to obtain a HELP (Helmet Emergency Labeling Program) Sticker.

Should your child have an accident while bicycling these labels will provide valuable information to whoever provides assistance to your child.